

Asthma, Smoking and Lung Health

Smoking has severe effects on your lungs and your health.

Smoking causes serious illnesses that affect your breathing, like pneumonia, chronic bronchitis and emphysema. And smokers are 10 times more likely to die of Chronic Obstructive Pulmonary Disease (COPD).

ASTHMA

- People with asthma are at special risk from smoking because smoke can clog your lungs with mucus and make it much harder for you to move air in and out of your body.
- People who smoke have poor asthma control and more asthma attacks.
- Smoking makes asthma more severe. Smokers with asthma need to go to the hospital more often.

COLDS and SORE THROATS

- People who smoke are more likely to have colds and sore throats. Smoking gets in the way of your body's ability to fight infections.

BREATHING

- Smoking makes you cough and wheeze more.
- Smoking inflames your lungs, making it much harder to breathe.

**You can breathe easier, cough and wheeze less,
and improve your health by quitting smoking.
And we can help you quit.**



Vermont's Quit Smoking Services

Phone • Local • Online

The Vermont Department of Health offers these services to help Vermonters double their chances of quitting for good.

Free Phone Quit Coaching The Vermont Quit Line



The Quit Line links you with a quit coach who will call you at a time that works for you. Your coach will help you get ready to quit, and will give you tips, advice and support to help you stay quit.

The Quit Line can also link you to a local quit coach or mail out self-help materials.

The Vermont Quit Line can see if you're eligible for free or lower-cost nicotine replacement therapy like patches, gum or lozenges. Call toll free 1-877-YES-QUIT (937-7848) when you want to get ready to quit.



Local Quit Coaching Ready, Set...STOP Program



Each Vermont hospital has a **Ready, Set...STOP** program that offers one-on-one or group coaching to quit smoking. They can also help you get free or lower-cost nicotine replacement therapy.

When you are ready, call the **Ready, Set...STOP** program (at your local hospital). Or, you can call the Quit Line or go to www.TobaccoStories.org to find out how to reach a local quit coach.

Free Online Quit Smoking Service www.VermontQuitNet.com



QuitNet.com is the leading online quit smoking resource. More than 60,000 smokers and ex-smokers visit the site every month to quit smoking or to stay quit.

QuitNet gives you advice, tips and other help to succeed. They figure out what type of smoker you are and send e-mails that fit you. The Vermont Department of Health provides free QuitNet access for all Vermonters, a savings of \$100. Join QuitNet at www.VermontQuitNet.com.

For more info or to share stories, tips and advice, go to www.TobaccoStories.org.

